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ABSTRACT

This resource list on nutrition is divided into 16 subject matter categories. References within each category include information on intended audience, type of media, title, date, author, publisher, price, and annotations. Subjects covered are: (1) athletics/physical fitness; (2) careers; (3) consumerism; (4) dental health; (5) diet/health and disease; (6) food economics and concerns; (7) food faddism and myths; (8) food preparation and activities (individual, family and classroom); (9) foods, general; (10) general nutrition; (11) life cycles; (12) nutrients; (13) physiology; (14) school food service; (15) vegetarianism; and (16) weight control. There are address lists for sources of materials as well as cooperative educational service agencies in Wisconsin. A title index concludes the publication.

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WISCONSIN NUTRITION EDUCATION AND TRAINING PROGRAM

SUGGESTED RESOURCE LIST

4th Revised Edition

August, 1985

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION
HERBERT J. GROVER
STATE SUPERINTENDENT

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The Suggested Resource List has been prepared by the Wisconsin Nutrition Education and Training (NET) Program, Food and Nutrition Services, Department of Public Instruction, and the School of Library and Information Studies, Univerity of Wisconsin-Madison. This list is intended to serve as a guide for local school personnel in the selection of nutrition education resource materials.

Three members of a technical review committee, composed of nutritionists and educators, have reviewed and recommended each material on the Resource List for use in the Wisconsin NET Program. Materials that are highly recommended are marked by two asterisks (**).

Suggestions for materials to be included in periodic updates of the Resource List will be welcomed. Names of additional nutritionists or educators who might serve as members of the Technical Review Committee would also be appreciated.

The Department of Public Instruction does not discriminate on the basis of race, sex, age, religion, handicap or national origin.

AN EQUAL OPPORTUNITY PROGRAM--The Nutrition Education and Training Program of the United States Department of Agriculture is available to all individuals regardless of race, color, national origin, age, sex, or handicap. Persons who believe they have been denied equal opportunity for participation may write to the Secretary of Agriculture, Washington, D. C. 20250.

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HOW TO USE

The Resource List is divided into twenty subject matter categories listed in the table of contents. References within each category include the following information:

Audience Type of Media

Title, copyright date, author (when signed), publisher or source, number of pages (and other descriptive information), price. Annotation.

The following letters are used to designate what audience the material addresses:

PS - preschool	A - adult
P - primary (K-3)	E - exceptional children
I - intermediate (4-6)	H - handicapped
J - junior (7-9)	FS - food service
S - senior (10-12)	T - teacher
C - college	N - nurse

To avoid repetition, addresses of sources are given alphabetically beginning on page 61. Many of these resources are also available on loan from the Cooperative Educational Service Agencies or the Department of Public Instruction listed on page 68.

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I, J — Book

Bodyworks: The Kids' Guide to Food and Physical Fitness, 1981, Bershad, C., and Bernick, D., Random House, 240 pages, $5.95. Relevant, timely information presented in a readable, absorbing way. Includes concepts on food chain, lots of short stories and illustrations.

P — Curriculum Package

**The Doofus Stories, 1978, Bernick, D., and Bershad, C., Learning for Life/MSH, 88-page storybook, 218-page teacher's guide, word cards, posters, $32.50. Also available individually and at quantity prices. A fantasy about a child-sized bird, accompanied by teacher's guide on which to build an 8 - 10 week curriculum unit on nutrition and physical fitness. Storybook is not too visually appealing, but teacher's guide is excellent. Teaches Basic Four, but also points out need to watch out for excess sugar and salt. Content ties nutrition to physical fitness.

J, S, C, T — Book

**Food for Sport, 1976, Smith, N. J., Bull Publishing Co., 188 pages, $6.95. Recommended resource on sports nutrition. Corrects some common misconceptions, has concise summaries at the end of each chapter, and deals with specific sports in an appendix.

J, S, T — Book

Handbook for the Young Athlete, 1978, Smith, N., Ogilvie, B., Haskell, W., and Gaillard, B., Bull Publishing Co., 201 pages, $6.95. Good practical information for the young athlete.

S, C, A, T — Film

Health and Lifestyle: Positive Approaches to Well Being, 1980, Spectrum Films, 30 minutes, $495.00 (Rental $65.00; preview $35.00 or free for nonprofit groups). Examines the relationship between common causes of death (stroke, heart disease, etc.) and lifestyle (diet, exercise, smoking, stress). Provides a positive approach to improving health in a sensible manner. Especially appropriate for adult audiences.

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J, S Filmstrips/Cassettes

**Nutrition and Exercise, 1980, Sunburst Communications, 2 filmstrips/cassettes: Nutritional Myths and Facts, 12 minutes; Sports Nutrition, 12 1/2 minutes, teacher's guide, $99.00. Very up-to-date, interesting, and relevant. Good presentation of popular athletes and how both meat eaters and vegetarians can be excellent athletes, even though they eat differently.

J, S, T Book

**Nutrition for Athletes--A Handbook for Coaches, 1980, American Alliance for Health, Physical Education, and Recreation, order from the Nutrition Foundation, 56 pages, $6.25. Clear concise information, good coverage of common misconceptions. Some reservations against recommendation of 2 g/ protein/kg, 35% fat diet, sugar supplementation at game time, but overall is a good summary of athletic nutrition.

J, S, C Film

Nutrition for Sports: Facts and Fallacies, 1982, Alfred Higgins Productions, 20 minutes, $395.00 (Rental $40.00). Visually appealing presentation of nutrition needs of athletes. Questionable that athletes' needs are very different from non-athletes'.

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I, J, S — Film

Cider Maker. 1975, AIMS Media, 18 minutes, $375.00 (Rental $30.00), videotape $99.95. Interesting film showing how all parts of the apple are used by the cider maker. A little too much moralizing about old-fashioned values.

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I, J, S — Poster

Beyond the Sugar Bowl--So You Don t Think You Eat Much Sugar, see listing under Dental Health.

S, A — Film

The Consumer and the Supermarket, 1976, Barr Films, 15 minutes, $330.00 (Rental $25.00). Examines advertising, store layout, packaging, and labeling to help the shopper select the best nutritional value for the dollar. The consumer comments presented are not always accurate and may need some discussion after film.

T (J, S) — Book

Curriculum Guide for Health Education: Nutrition, see listing under General Nutrition/Basic Nutrition Information.

P, I — Book

**Energy, Food and You--Elementary Schools, see listing under Food Economics and Concerns.

J, S — Book

**Energy, Food and You--Secondary Schools, see listing under Food Economics and Concerns.

I, J, S — Poster

Find the Hidden Sugar That Promotes Decay, see listing under Dental Health.

J, S, A, FS, T — Videocassette

Four Trigger Programs on Consumer Issues in Nutrition, 1980, Pennsylvania State University, 17 minutes, item # MVCS0726, $135.00 (Rental $15.50). After a brief introduction, topics are Protein--How Much Is Enough; Food Forms--Fresh, Frozen and Canned; Convenience Foods; Enrichment and Fortification. Most of the information is up-to-date, accurate and interesting. Distinction between "enriched" and "fortified" is obsolete.

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J, S, C — Filmstrips/Cassettes

Human Issues in Science, Unit IV: Hunger, see listing under Food Economics and Concerns.

J, S, C, A — Film

**It's As Easy As Selling Candy to a Baby, Action for Children's Television, 14-minute color film, $185.00 (Rental $25.00). Excellent introduction to problems of television advertising of highly sugared foods. Easy to understand, holds attention.

S, C, A, T, FS — Film

Kids for Sale, 1979, Action for Children's Television, distributed by Mass Media Ministries, 22-minute film, $300.00 (Rental $30.00). Good trigger film for discussion of influence of television advertising on children. Uneven production quality, particularly the sound.

J, S — Filmstrips/Cassettes

Label Literacy: How to Read Food Packaging, 1979, Sunburst Communications, 2 filmstrips/cassettes: What You Can Learn; Using the Information, teacher's guide, $99.00. Students are encouraged to read ingredient and nutrition labels and consider price, nutrient content, convenience, size when shopping. Open dating and additives are also addressed.

J, S, A — Film

Read the Label, Set a Better Table, 1974 Modern Talking Picture Service, 14 minutes, available on loan from local Food and Drug Administration Office. Very entertaining presentation of nutrition labeling.

I, J, S, A — Film or Videocassette

**Soopergoop, Churchill Films, 13 minutes, $275.00 (Rental $40.00), videocassette $275.00. This film fails to stimulate an awareness of presweetened cereals and persuasive advertising tactics within K-3 audiences by using the same tactics it claims to condemn. However, it would be highly effective if directed by a knowledgeable teacher with older audiences (grades 4-6, junior high, parents) supported by discussions and presentation of alternative viewpoints.

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J, S, A — Filmstrip/Cassette

Survival Skills: Shopping for Food, 1979, Educational Enrichment Materials, ISBN # 537-52269-7, $28.00. Practical guide to food shopping. Includes relevant information on unit pricing, freshness, coloring and flavoring, etc.

P, I, A, T, FS — Film

**Who Cares...What I Choose to Eat?, 1980, Littig, E., and Thun, J., NEWIST (Northeast Wisconsin In-School Telecommunications), 15-minute film, $220.00 (Rental $30.00), videotape rental $25.00. Factors that influence children's food preferences and purchases are highlighted as the audience observes children buying food at a grocery store. A useful film for introducing the topic of how eating habits and consumer behavior develop and become established.

J, S, A — Filmstrips/Cassettes

Winning the Grocery Game: Language and the Supermarket, 1977, The Learning Seed Company, 2 sound filmstrips with cassette narration, silent filmstrip test, Scavenger Hunt game, 10 research projects, student support material, teaching guide, 1 copy of "The Eater's Digest" by M. Jacobson, $64.00. Provides a great deal of information in an interesting way. Contains good ideas for projects. Is fairly anti - big business, but leaves final choice up to student.

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I, J, S — Poster

Beyond the Sugar Bowl--So You Don't Think You Eat Much Sugar, 1977, American Dental Association, color poster, $2.50. Illustrates the part sugar plays in the development of tooth decay. Alerts public to look at food labeling in terms of sugar content.

P, I — Filmstrips/Cassettes

Disney's Dental Health Program, 1981, Walt Disney Educational Media Company, 4 filmstrips/cassettes: The Inside Story on Teeth; Daily Care: Brushing and Flossing; Filling You in on Tooth Decay; A Visit to the Dentist, 4 spirit masters, teacher's guide, catalog cards and storage box, $124.00. Entertaining and informative presentation on dental health including brushing, flossing and how plaque forms. Cartoon characters may be too "childish" for older end of recommended audience.

I — Poster, Pamphlet

Do You?, 1967, National Dairy Council, 24 x 19 inch poster, teacher/leader guide $.80; 2-page 6 x 4 7/8 inch pamphlet $.05. Could be used as part of a display on the importance of regular toothbrushing, visits to the dentist, and proper foods for dental health.

I, J, S — Poster

**Find the Hidden Sugar That Promotes Decay, 1977, American Dental Association, color poster, $2.50. Colorful poster shows various names that sugar can go under, alerts public to look at food labels for sugar content.

I, J — Poster/Pamphlet

Have a Happy, Healthy Smile, 1977, National Dairy Council, teacher's guide, 24 x 17 1/2 inch poster $.80, 2-page 8 x 6 inch miniature $.10. Good presentation of factual information.

J, S, A — Pamphlet

How Teeth Grow, 1975, National Dairy Council, 2-page pamphlet, $.20. Good overview with emphasis on perinatal nutrition.

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P — Film or Videocassette

The Munchers: A Fable, American Dental Association, $90.00, videocassette $58.00; also available on free loan from Modern Talking Pictures. Only a fair film, uses scare tactics about tooth decay. Stresses a balanced diet instead of sweet snacks but doesn't mention sticky foods.

P, I — Musical Play

The Revolt of the Foolish Molar, 1976, Shawnee Press, Inc., score and LP record, $11.95, score and cassette, $12.95. Play can be performed by one grade with parents and other grades as guests. An interesting activity that involves the whole class.

P, I — Film or Videocassette

Showdown at Sweet Rock Gulch, 1978, American Dental Association, $115.00, videocassette $64.00. Covers brushing, flossing, and the need for healthy snacks in a cowboy format which should be entertaining to children.

A, T, N — Pamphlet

Your Child's Teeth, 1977, American Dental Association, single copy free. Discusses development of teeth from before birth to 18 years, diet, cleaning, fluorides, disease and injury. Good resource for parents, teachers and nurses who are concerned about dental health.

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S, C, T, A — Slides/Cassette

Cholesterol and Heart Disease: Who's Got the Answers?, 1980, Cunico, E., Farmers Union Milk Marketing Cooperative, 114 slides, cassette and script, free rental. Presents a somewhat one-sided view of the diet - heart disease controversy, focusing only on cholesterol rather than total fat in the diet. Should be used in conjunction with materials addressing other aspects of the heart disease problem, particularly body weight and lifestyle.

P — Curriculum Package

**The Doofus Stories, see listing under Athletics/Physical Fitness.

J, S, A, FS, N — Book

Eating for Good Health: For Caretakers of the Handicapped Child--A Nutrition Handbook, Nutrition Department, The Kennedy Institute for Handicapped Children, $5.50 prepaid. Thoughtful, relevant information presented in an attractive, simple manner. Useful for parents and other caregivers of the handicapped and for handicapped persons themselves in their self-help training.

J, S, A — Filmstrips/Cassettes

Exploding Nutrition Myths II, see listing under General Nutrition/Basic Nutrition Information.

J, S — Curriculum Kit

Food...Your Choice: Level 4--Health, see listing under General Nutrition/Basic Nutrition Information.

S, C, T — Book

The General Mills American Family Report 1978-79, Family Health in an Era of Stress, 1979, General Mills, Inc., 192-page survey report, single copy free. A good reference on general health practices with a family emphasis. Material is good for starting group discussion and stimulating participants to consider their own health values and practices. A 36-page digest of the report is also available.

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PS, P — Film

Getting Sick and Getting Well, see listing under Food Preparation and Activities.

J, S, A — Film

Health Habits for a Healthy Life, 1981, FilmFair Communications, 16 1/2 minutes, $345.00 (Rental $30.00). The film's major message is that regular exercise, good eating habits, lack of stress and an avoidance of smoking and drinking result in good health.

S, C, T — Book

Health Maintenance, 1978, Pacific Mutual Life Insurance Company, 88-page survey report, single copy free. Presents results of a nationwide survey on health maintenance and preventive medicine. Could be a useful resource for starting a group discussion.

S, C, A — Book

Healthy People--The Surgeon General's Report on Health Promotion and Disease Prevention, 1979, Superintendent of Documents, $6.00. An excellent sourcebook which emphasizes prevention.

J, S, A — Film or Videocassette

Look Before You Eat, see listing under General Nutrition/Basic Nutrition Information.

J, S, C, A, FS — Filmstrip/Cassette

Newtrition 7, 1981, The Polished Apple, $59.75. Poor presentation on dietary guidelines. Although information is accurate, filmstrip is boring.

J, S — Filmstrips/Cassettes

Nutrition Kit, see listing under General Nutrition/ Basic Nutrition Information.

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J, S, C, A, FS, T — Poster

Nutrition Scoreboard, 1980, Center for Science in the Public Interest, $3.50. A food rating system. Ratings of some foods may be questionable.

T, FS, N — Slides/Cassette

That Personal Touch: Nutritional Care for the Developmentally Disabled, 1982, Ross Laboratories, 16 minutes, $60.00 or on loan from Pam Lownik, 9099 W. Bottsford, Greenfield, WI 53228, 414-256-5137. Good overview of the nutrition needs and feeding of the developmentally disabled for the caregiver in an institutional setting. Covers assessment of nutritional status and feeding skills, identification of mealtime problems, appropriate feeding techniques and nutritional intervention strategies.

S, A — Film

Your Diet: Salt and Hypertension, 1978, Journal Films, Inc., 13 minutes, $235.00 (Rental $25.00). Good overview of the connection between salt and hypertension.

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S, C, A — Film or Videocassette

And Who Shall Feed This World, 1975, Films Incorporated, 47 minutes, $655.00 (Rental $65.00), videocassette $395.00. Originally an NBC News White Paper with John Chancellor. A well balanced presentation of the politics of world hunger. Would need to be updated. An excellent motivational tool for discussion and further research.

I, J, S, A — Filmstrip

China's New Look: Agricultural Challenges, 1972, Educational Enrichment Materials, ISBN # 537-42091-6, $28.00. A good picture of China's agriculture but without any specific references to the nutritional significance of that system.

P, I — Book

**Energy, Food and You--Elementary Schools, Washington State Office of Environmental Education, $7.00. An interdisciplinary curriculum guide with activities on how consumer food choices affect our energy resources and how the U. S. food system operates. The lesson using Dietary Goals should be updated, but generally this guide provides good suggestions for teaching an important topic.

J, S — Book

**Energy, Food and You--Secondary Schools, Washington State Office of Environmental Education, $7.00. This curriculum guide contains new and useful ideas for integrating nutrition into subjects taught in secondary schools. Helps students learn to consider energy and resource implications of their food habits and choices.

I, J — Filmstrips/Cassettes

Enough Food for Everyone, 1978, Educational Audiovisual, Inc., 6 filmstrips/cassettes: How Much Food Does A Person Need?--U. S. A.; What Is There to Eat?--India; Food, Water and Civilization--Egypt; Food, the Land, and the People--Mexico; Food, the Environment and You--Japan; Working Together to Solve the Food Problem--Tanzania, catalog # 3KG48500, $162.00. Informative presentation of relevant issues--hunger, poverty, food choices, pollution and how to solve the food problem. Some of the filmstrips are not directly concerned with nutrition topics and may be a little long for classroom presentation.

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S, C, A, T — Filmstrip/Cassette

**The Environment of Man: Of Food and Land, Educational Enrichment Materials, ISBN # 537-42363-X, $28.00. A somber view of the world food situation.

S, C, A, T — Book

The Feeding Web, 1978, Gussow, J., Bull Publishing Company, 457 pages, $11.95. This paperback book on nutritional ecology would be a good resource for special studies. An individual action orientation is not included.

I, J — Film or Videocassette

Food around the World, 1979, BFA Educational Media, 14 1/2 minutes, $295.00 (Rental $44.00), videocassette $190.00. A good film to integrate social studies and nutrition, shows how climate and tradition determine what people eat. Some concern that it tries to present too much information in a short time.

J, S — Film

The Food Revolution, edited version, 1975, McGraw-Hill Training Systems, 17 minutes, $435.00 (Rental $45.00). Interesting, although it presents a fairly one-sided view of solutions to world hunger and is quite old.

J, S, C, A — Slides/Tape

Hamburger, USA, 1979, American Friends Service Committee, $60.00 (Rental $25.00). How agribusiness and the food industry control our food supply and what we eat. A one-sided presentation (industry's point of view is not included) but covers timely and controversial topics of food production. The hamburger is analyzed for its nutritional value. Slides move too quickly when used with tape.

J, S, C — Filmstrips/Cassettes

Human Issues in Science, Unit 4: Hunger, 1975, Scholastic Inc., 4 filmstrips/cassettes about 15 minutes each: Too Many People?; Growing Enough Food; Using Pesticides; Artificial Foods, teacher's guide, $109.50. Filmstrips present both sides of thought-provoking issues. Accompanying teacher's guide provides objectives and suggested activities. Filmstrip on artificial foods somewhat outdated, but overall series is recommended.

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I, J, S — Film

Nature's Food Chain, 1977, Benchmark Films, 14 minutes, $270.00 (Rental $30.00 plus $7.00 shipping and handling). A well photographed story of the food chain. Mostly biology without much reference to nutrition, however.

J, S, C, A, T — Pamphlet

Overcoming World Hunger: The Challenge Ahead, Report of the Presidential Commission on World Hunger, 1980, Superintendent of Documents, 29 pages, $3.75. An up-to-date summary of hunger throughout the world, including the United States and what government's role should be in alleviating the problem. Makes clear that the solutions are not simple.

J, S, A, T — Filmstrips/Cassettes

The Population Debate, 1975, Sunburst Communications, 61 minutes, 4 filmstrips/cassettes: Demography; Ecology and Food; Distribution and Economics; People, teacher's guide, $149.00. Excellent series on very important topics--food resources and world problems, human rights, fertility, abortion, population growth. Narrated by Joanne Woodward and Paul Newman.

S, A — Film

Sorry, No Vacancy, Malibu Films, $500.00. A well done presentation on a contemporary problem of the population crisis related to limited resources including food. This film is easy to understand, a possibility as an introductory discussion about world hunger for senior high students through adult audiences.

J, S — Book

Teaching about Food and Hunger, 1976, Otero, G. G, and Smith, G. R., Center for Teaching International Relations, 128 pages, $12.95. Presents classroom activities to promote awareness of food and hunger in the community and the world. Stresses the concepts of perception, decision-making, critical thinking rather than presentation of factual materials.

J, S, C — Film or Videocassette

Toast, 1974, Bullfrog Films, 12 minutes, $225.00 (Rental $25.00), videocassette $65.00. Traces the stages in bread production to toast in terms of energy usage. Would need a skilled discussion leader for the film to be meaningful.

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I, J, S — Slides/Cassette

Trash Tells a Tale, see listing under School Food Service.

S, A — Pamphlet

Vegetable Protein: Products and the Future, see listing under Foods, General.

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FOOD FADDISM AND MYTHS

I, J — Filmstrips/Cassettes

Foods, Fads and Fallacies, 1979 (revised), Walt Disney Educational Media Company, 4 filmstrips/cassettes: I Eat What I Like, Regardless; Food Fads: Short Cuts to Health?; Is "Natural" Healthy?; Is There a Perfect Diet?, $124.00. Whitewashes the issue of pesticides and additives but has some good information on food fads and trade-offs. Use of all white, middle-class characters may be a problem.

J, S, C — Film

Nutrition for Sports: Facts and Fallacies, see listing under Athletics/Physical Fitness.

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FOOD PREPARATION AND ACTIVITIES
(Individual, Family and Classroom)

J, S, A — Pamphlet

Bag It!, Giant Food, Inc., 24-page booklet, $13.16 per 100. Presents a variety of nutritious, safe bag lunch ideas.

J, S, A — Film

Be Fair to Your Food, 1980, Alfred Higgins Productions, 17 minutes, $330.00 (Rental $33.00). How to shop for, store and prepare food to preserve nutrients most effectively. Some information is questionable, such as recommendation to store bread in refrigerator (causes rapid staling) and statement that cooking meat too long destroys B vitamins, but overall the film presents important information accurately and in an interesting way.

J, S, C, A, T — Film

**Build a Better Bag Lunch, 1981, Alfred Higgins Productions, Inc., 18 minutes, $360.00 (Rental $36.00). An excellent film showing a variety of ideas for bag lunches and how to keep them safe to eat.

PS, P, I — Book

Cook and Learn: Pictorial Single Portion Recipes--A Child's Cook Book, 1981, Veitch, B., and Harms, T., Addison-Wesley, kit includes Cookbook and Teacher's Guide $11.50, Recipe Step Book $17.50, Cook and Learn Teacher's Guide $7.41, Teacher's Guide $3.50. 200-page cookbook contains useful ideas for preschool teachers, nutritious recipes in good sequence, many ethnic recipes; however, the format is crowded and children will need close supervision to follow the recipe steps. 62-page spiral-bound teacher's guide is well organized and includes good safety tips; has particularly beneficial section on helping children to maximize what they learn from cooking. Newsletter and recipe steps contain information on basic nutrition that parents should be able to understand and apply at home; helpful hints on how to organize a newsletter; includes evaluation form.

T, A (E, H) — Book

**Cooking Activities for the Retarded Child, 1974, Kahan, E. H., Abingdon Press, 48 pages, $2.95. Introductory sections on basic skills, techniques to use for teaching cooking and baking in the classroom or at home. Recipes that follow use symbols, arrows and a simplified measuring system.

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PS — Book

Cool Cooking for Kids, 1976, McClenahan, P., and Jaqua, I., Pitman Learning, Inc., $7.95. Good resource for teacher interested in setting up a cooking center. Some high sugar dessert recipes are offered but they are prefaced with a warning about moderation. Contains both recipes that do and don't use heat.

PS, P, I — Book

**Creative Food Experiences for Children, 1980, revised edition, Goodwin, M., and Pollen, G., Center for Science in the Public Interest, 256-page activities guide book for teachers, $5.95. Many activities, games and recipes are presented, along with good background information for the teacher. Offers multidisciplinary development of language and mathematical skills, social development, artistic creativity as well as nutrition awareness.

P, I — Book

Easy to Make, Good to Eat, 1977, Condit, M., Scholastic Inc., 40-page booklet, $1.95. Several of the recipes are for non-nutritious foods, but overall book is well done. Language is simple, emphasizes presentation and atmosphere at eating time as well as food itself.

PS, T — Book

Food Adventures for Children, 1980, Vonde, D. A., and Beck, J., Plycon Press, 94 pages, $6.95 plus $1.50 shipping. A complete "how-to" book on nutrition education for preschoolers. Good nutrition activities with nutritious recipes. Sound information on developmental skills of young children.

S, A — Slides

Food for Health: The Carbohydrate Connection, 1979, Thonney, P. F., and Bisogni, C. A., Cornell University, address a., 17 slides and script, $14.00. Beautiful pictures and good suggestions to increase use of carbohydrate foods in meals. Would have limited use though.

J, S, A, T — Pamphlets

**Food for Health: The Carbohydrate Connection, see listing under General Nutrition/Basic Nutrition Information.

J, FS — Transparencies

Foods 1, see listing under General Nutrition/Basic Nutrition Information.

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PS, P — Film

Getting Sick and Getting Well, 1977, Barr Films, 9 1/2 minutes, $190.00. Presents basic concepts about germs in a simple manner. Stresses washing hands and washing foods to prevent sickness.

PS, P — Filmstrips/Cassettes

Good Nutrition: Try It, You'll Like It, 1981, Gorelick, M., and Clark, E. A., California State University--Northridge, 2 filmstrips/cassettes: Wolfie Gets Hungry; I'm Hungry, recipe book and classroom activity modules, $34.50. Well produced factual presentation of nutrition concepts and making good food choices for preschoolers. Appealing characters and understandable language for this age group. Kit includes 131-page recipe book and modules for classroom activities.

T (E, H) — Book

Helping Hands Cookbook, 1977, Amo, D. L., and Doolittle, M. K., Helping Hands Books, $6.95, 10 or more $5.50 each. Meal preparation techniques for the moderately to severely mentally impaired. Teacher will need to know basic cooking procedures.

PS, P — Books

Kim Series: Food Is Good, Book I--Kim Likes to Eat; Book II--Food Helps Kim Grow; Book III--Kim Remembers to Wash; Book IV--Kim Helps Care for Food, see listing under General Nutrition/Basic Nutrition Information.

S, C, A — Book

**Laurel's Kitchen, see listing under Vegetarianism.

PS, P, I — Book

Learning from Soup to Nuts, Food Activities and Recipes, 1978, Barkman, V. R., Instructor Books, cookbook and activity guide, item # 1B308, $2.95. Recommended with reservations. Some good activities and recipes are presented that would mesh well with curriculum guides that have few activities. Many activities and recipes are inappropriate, however, and format is not easy to use.

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T (P) Book

Lunch Table at School--A Teacher's Guide, 1979, Maretzki, A., and Shimabukuro, S., Nutrition Education Program, University of Hawaii, 46 pages plus appendices, $6.50. Well prepared, innovative activities for primary level. Suggestions for assessment and evaluation of learning are included.

S, A, T, FS Book

More-With-Less Cookbook, 1976, Longacre, D. J., Herald Press, $9.95. A good resource for program planning, parent outreach, with introduction that focuses on our overeating, especially of overprocessed, packaged foods.

H Book

Pictorial Cookbook, 1979, Ralston Purina Company, cookbook, 50 pages, $2.00. Recipes for no-cook, minimal-cook and full-cook foods are suitable for children and non-reading adults as well as adults with mental or physical handicaps.

PS, P Book

Stone Soup, 1971, McGovern, A., Scholastic Inc., $1.50. Could be used as an introduction to making soup as a class project.

PS, P, I Book

The Sunshine Cookbook, 1978, Florida Department of Citrus, cookbook, free. A variety of recipes using oranges and grapefruit.

PS, P, I Book

A Teacher's Guide To: Learning Nutrition through Discovery, 1980, Cornell University, mailing address b., $4.25. Good classroom activities for nutrition experiences, grades K-6.

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I, J, S, T, FS — Book

**The Berkeley Co-op Food Book: Eat Better and Spend Less, 1980, Black, H., editor, Bull Publishing Company, $9.95. Comprehensive paperback book with accurate information on a variety of current consumer issues in food/nutrition.

PS, P — Film

Captain Kangaroo, 1977, Dairy Council of Metropolitan New York, Inc., 14 minutes, $62.50 plus shipping. The film will make children familiar with dairying in the past and today. It creates a good atmosphere for tasting a variety of milk products.

PS, P — Book

Chicken Soup with Rice: A Book of Months, 1962, Sendak, M., Scholastic Inc., 31-page booklet, $1.95. Doesn't teach nutrition per se but uses food to help teach the months of the year.

I — Book

Corn Is Maize: The Gift of the Indians, 1976, Aliki Brandenberg, Thomas Y. Crowell Co., $10.89, paperback $3.95. A good presentation of corn's history, growth, uses and Mexican-Indian culture.

J, S, A, FS — Poster

Eat Whole Grains, Center for Science in the Public Interest, 18 x 24 inch poster, $3.50. A good way of introducing whole grains. Could lead to baking or cooking projects with various whole grains.

I — Film or Videocassette

Families: Food and Eating, 1976, Churchill Films, 15 minutes, $280.00, (Rental $40.00), videocassette $280.00. The preparation and eating of meals in Mexico, Japan and the U. S. Shows that various patterns of eating are all right. Film seems a little long and slow moving.

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I — Film

Food, 1979, Toucher and Associates, Encyclopedia Britannica Education Corporation, 11 minutes, $235.00. A motivating film on the history of food cultivation, development of ethnic foods, pricing and production of foods today. Cartoon characters are entertaining and informative.

I, J — Film

The Food Cannery, 1968, FilmFair Communications, 10 minutes, $155.00 (Rental $15.00). The production is out-of-date and does not mention the nutritional impact of canning, but it could be useful as part of a unit on various methods of food processing.

P — Film

Food for Fun, revised 1979, Stanton Films, 10 minutes, $190.00. A very basic presentation of how and what animals eat showing that humans, like animals, need many kinds of food.

J, S, A — Film

Food: Keep It Safe to Eat, 1983, Alfred Higgins Productions, 20 minutes, $395.00 (Rental $40.00). Illustrates good sanitation practices and presents principles of sanitation in relation to controlling food-borne illness. Some of the practices, though useful for the home, are inappropriate in food-service situations, for example, thawing frozen meat in brown bags on counter instead of in the refrigerator.

I, J — Film

Food Preservation, 1968, FilmFair Communication, 11 minutes, $170.00 (Rental $15.00). A focus on the processes of food preservation without mention of nutritional significance.

I — Book/Poster

Fresh Fruit and Vegetables: The Fun Ones!, Lifetime Learning Systems, Inc., published by United Fresh Fruit and Vegetable Association, $9.00. Good ideas for activities to acquaint fourth through sixth graders with this crucial food group. Specific nutrient contents of fruits and vegetables are not discussed, however.

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P, I — Ditto Masters

Friendly Critters for Nutrition--Basic Foods, 1979, C. J. Frompovich Publications, 5 ditto masters, $2.95 plus $.50 mailing. Useful as a supplement to other materials. Mentions foods not often emphasized in elementary materials, fiber, complex carbohydrates.

J, S — Film

Hold the Ketchup, 1979, National Film Board of Canada, 20 minutes, $410.00. A nice look at cultural/ethnic foods, although material could have been covered in a shorter time. Has some sex-role stereotyping which teachers may want to point out. Film speaks about Canadian immigrants, need to point out that it applies to U. S. as well.

I, J — Book

Ladybugs and Lettuce Leaves, 1978, Project Outside/Inside, student cards $6.95, teacher's guide $8.00. A series of cards on gardening and environment. Although some of the information is specific to Massachusetts, cards are well done and encourage active student participation.

I, J — Filmstrip/Cassette

Legacy of the Incas: Agriculture, 1980, Educational Enrichment Materials, ISBN # 537-52451-7, $26.00. Good presentation of Inca foods and agriculture.

I, J, S, A — Poster

Nutrition Scoreboard, 1978, Center for Science in the Public Interest, 18 x 24 inch poster, $3.50. A colorful poster that may increase interest in trying to select a varied diet. Chart rates honey higher than sugar, and highly rated granola does not specify "unsweetened," which may require additional explanation to users.

T, FS — Pamphlets

Nutritive Analyses of Ralston Purina's Cereals and Crackers and Chicken of the Sea Tuna Products, 1979, Ralston Purina Company, up to 25 copies free. A supplemental resource if interested in detailed nutritive analyses of listed products.

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FS, T, A — Slides/Cassette

Parents, Kids and Vegetables, Visual Media, University of California-Davis, slide series with accompanying cassette tape and script, $36.40 (Rental $7.00 for first day, $4.00 each additional day). A well done slide series that encourages parents, food service workers and day care center teachers to use more vegetables. Discusses acceptance of vegetables by young children, vitamin retention in food preparation and Basic Four.

T (P) — Book

The School Garden--A Teacher's Guide, 1979, Maretzki, A., and Shimabukuro, S., Nutrition Education Program, University of Hawaii, 42 pages plus appendices, $6.50. Fun-filled enjoyable activities involving sprouting seeds and growing plants of high nutritional value. Enables child to learn simple motor skills and helps to develop social competence, not just learn about nutrition. A few activities use specifically Hawaiian foods and may be difficult to adapt to Wisconsin.

P, I, J — Film

Tomatoes: From Seed to Table, 1970, FilmFair Communications, 11 minutes, $180.00 (Rental $15.00). Interesting film about tomato processing, good footage of activities in processing plant. Story told from a processor's perspective.

P — Booklet

**A Tree Is a Plant, 1960, Bulla, C. R., Harper and Row Publishers, Inc., 35 pages, $2.95. Good integration of nutrition and science. Information is instructive, easy for children to comprehend and visually appealing.

S, A — Pamphlet

Vegetable Protein: Products and the Future, Soy Protein Council, 10-page pamphlet, single copy free, multiple copies $.20 each plus postage. Discusses soy products as an economical source of protein. Could be used as one of several references when discussing food technology or the world food situation.

PS, P — Book

The Very Hungry Caterpillar, 1969, Carle, E., Scholastic Inc., item # 03029, $2.50. Beautiful food illustrations that would be useful for teaching identification of specific foods. Can be used when learning about food habits.

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I, J — Film or Videocassette

What's Cooking, 1979, Churchill Films, 15 minutes, $280.00 (Rental $40.00), videocassette $280.00. Shows fathers and children preparing traditional foods of major American ethnic groups. Appropriate for a social science unit.

I, J, A — Filmstrip/Cassette

Wild Rice, Hawkhill Associates, $39.00. Very interesting presentation of history and origins of wild rice. Compares gathering and harvesting by the Indians traditionally and commercially today.

P — Spirit Masters

Your Fresh Look Book, 1979, United Fresh Fruit and Vegetable Association, 12 activity sheets and teacher's guide, $7.00. Emphasizes fresh fruits and vegetables.

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GENERAL NUTRITION/BASIC NUTRITION INFORMATION

I — Film

The Big Dinner Table, 1978, Perennial Education, Inc., 13 minutes, $245.00 (Rental $22.00). Shows that different combinations of food from the four food groups yield nutritionally balanced meals all over the world. Good multi-ethnic presentation, presents an opening to discussing eating habits.

I, J, S, A, T — Charts

**Comparison Cards, 1977, National Dairy Council, sixty 11 x 8 1/2 inch cards with teacher's guide and 2 spirit masters, $7.00. Colorful bar graphs show nutrient profiles (percent of U. S. RDA) of various foods. Only "leader nutrients" and calories are shown, so they cannot be used for comparing sodium, fiber, fat, cholesterol, etc., from the various foods. They are useful, however, in showing how a variety of foods can be put together to form a "balanced diet."

T (J, S) — Book

Curriculum Guide for Health Education: Nutrition, 1975, Whitney, J., Creative Services, United States Catholic Conference, 112 pages, $12.50. A possible resource for curriculum planning activities with schools. Relates nutrition to consumerism. Sections on community resources and the handicapped make no mention of nutrition.

J — Book

Discovering Nutrition, 1980, Kowtaluk, H., Bennett Publishing Company, text edition $11.40, teacher's guide $7.56, student guide $3.68. Could be recommended for junior high home economics classes. Text is very orderly with good sequencing, vocabulary at beginning and review at end of chapters. Workbook is very realistic with down-to-earth practical exercises. Use of caricatures prevents the sudden outdating often accompanying photographed textbooks.

J, S, A, T — Book

Eater's Guide: Nutrition Basics for Busy People, 1980, Cumming, C., and Newman, V., Prentice-Hall, Inc., 192 pages, spiral bound, $6.95. This interesting, practical and easily understood book covers a variety of current topics but contains a few inaccuracies and questionable recommendations.

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I, J, S, A — Film

Eating on the Run, 1975, Alfred Higgins Productions, Inc., 15 1/2 minutes, $305.00 (Rental $31.00). Film relevant to typical problems of students, how to get a balanced breakfast, lunch and snacks in little time. Gives practical suggestions, ideas for quick, nutritious meals and snacks.

I, J — Book

Eclipse of the Blue Moon Foods--A Guide to Teaching Food Education, 1979, Pettit, N., and Weiss, E., 114-page teaching guide and 39-page student workbook, available on loan from CESA 5, 10 and 11 and from Wisconsin Nutrition Education and Training Program, DPI. Very good recipes, good ideas for activities, good resource for vegetarian diets. Shows how to choose the "best" foods within a food group, not just any foods. Concept material probably better understood and accepted by 7th - 9th graders than younger students.

J, S, A — Filmstrips/Cassettes

Exploding Nutrition Myths II, 1979, Bergwall Productions, Inc., 7 filmstrips/cassettes: Dietary Goals; The Sad State of Overweight; Complex Carbohydrates Simplified; Sugar: Not Such Sweet Talk; Cut the Fat; The Salt Shakeup; Beyond the New Health Horizon, $299.00. Although not the best material, provides introduction to a variety of topics. Addresses current concerns but should be used by a teacher knowledgeable in nutrition who is prepared to discuss some of the questionable statements made.

T (P, I) — Book

Focus on Nutrition--A Teacher's Handbook for Nutrition Education, Grades Kindergarten through Six, 1970, Massachusetts Department of Education, 69 pages, $1.50. Concepts are presented in logical order, and format is good for planning and teaching. Lacks an evaluation component though.

T (J, S) — Book

Focus on Nutrition--A Teacher's Handbook for Nutrition Education, Grades Seven through Twelve, 1973, Massachusetts Department of Education, $2.50. Recommended with reservations. Learning experiences have no objectives or organized purposes and may be difficult for secondary teachers to use in an interdisciplinary fashion. Is also somewhat outdated and would need to be supplemented with current information.

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J, S — Film

Food, Energy and You, 1978, Perennial Education, Inc., 20 minutes, $375.00 (Rental $38.00). An understandable explanation of energy, photosynthesis in plants, concept of calorie, where body energy comes from. Good choice for a science class.

P — Film

Food for Fun, see listing under Foods, General.

J, S, A, T — Pamphlets

**Food for Health: The Carbohydrate Connection, Cornell University, mailing address c., set of 8 folded pamphlets, $.75 for set of 8, $2.25 for 25 of any one, discount on quantity orders. Good general information on diet and health with useful tips on calorie control, choosing fiber foods, adding starch to the diet, choosing snacks for their nutritional value, and other topics. Good handout material.

J, S — Film

Food for Life, 1978, Perennial Education, Inc., 21 minutes, $395.00 (Rental $39.00). Updated informative look at malnutrition around the world, especially in the American teenage population. Discusses food choices and daily eating habits and how they can be controlled by the individual.

J, S — Filmstrips/Cassettes

Food: Health and Diet, 1976, Sunburst Communications, teacher's guide, two 15-minute filmstrips/cassettes: Nutritional Needs of Your Body; How to Diet Sensibly, $99.00. Received mixed reviews. Some minor errors need correcting, and it may be a little long. However, is a good discussion of general nutrition with good photography in a format appealing to junior and senior high students.

PS, P, I, J, S, C, A, E, H, FS, T — Photographic Models

**Food Models, National Dairy Council, 146 full-color photographic die-cut models with 16-page teacher/leader guide, $8.50. Food models are useful for showing serving sizes, identifying new foods, meal planning and a variety of other activities. They would be especially helpful for teaching nutrition to people with limited ability to read or speak English.

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P, I — Curriculum Package

**Food...Your Choice, 1977, National Dairy Council, Level 1 (K-2), Level 2 (3-4), Level 3 (5-6); each set includes scope and sequence chart, teacher's guide, spirit masters, posters, cardboard food models, student handouts and other material, $18.50 for each level. Readily usable hands-on material. Very effective, but as separate units; material is difficult to adapt to multidisciplinary approach.

J, S — Curriculum Kit

Food...Your Choice: Level 4--Health, 1980, National Dairy Council, kit containing 8 transparencies, 4 posters, 51 activity cards, teacher's guides and resources, $35.00. This kit contains handy, colorful and attractively designed materials that would be easily incorporated into health curricula. Appearance, performance and physical fitness are main topics. The content of the lessons is uneven in quality. Food additives, fiber and value of whole grains are not adequately discussed.

J, S — Curriculum Kit

Food...Your Choice: Level 4--Home Economics, 1980, National Dairy Council, kit containing 8 transparencies, 10 posters, comparison cards, 36 activity cards, teacher's guides and resources $35.00. Energy values of foods, factors affecting food choice and impact of food choices on health are stressed in this easy-to-use and attractively designed kit. Some topics are covered creatively and well but others are given only a superficial or slanted treatment. Many materials could be too basic for well trained home economics teachers.

I, J — Filmstrips/Cassettes

Foods, Fads and Fallacies, see listing under Food Faddism and Myths.

J, FS — Transparencies

Foods 1, 1979, Educational Record Sales, $70.00. A well prepared series of transparencies with a traditional approach to basic nutrition concepts, food preparation and meal planning. Suggested as a review tool for junior high students by teachers with some knowledge of nutrition.

S, C, A, T — Videocassette

Food$ense, 1976, Pennsylvaia State University, item # MVCS0277, 58 minuters, $195.00 (Rental $23.50). Overly long but accurate coverage of many topics: how advertising influences food choices, what vitamins and minerals we need, labeling, protein quality, risk factor theory of heart disease, weight control, claims for vitamin C. Could be shown in parts.

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I, J, S, A — Poster

Goals for Good Eating, 1978, Community Nutrition Institute, $2.00. Catchy and attractive information but does not stress individual interpretation of who should eat more or less of certain foods.

I, J — Book

Good for Me! All about Food in 32 Bites, 1978, Burns, M., Little Brown and Company, $6.95. A creative entertaining book about food and nutrition. Both sides of controversial subjects are addressed and much emphasis is placed on individual decisions regarding food choices.

PS, P — Filmstrips/Cassettes

Good Nutrition: Try It, You'll Like It, see listing under Food Preparation and Activities.

I, J — Filmstrips/Cassettes

Good Sense and Good Food, 1977, Walt Disney Educational Media Co., 4 filmstrips/cassettes: Man, Plant and Animal (9 minutes); Chemistry of Foods (8 3/4 minutes); The Cell: Assimilation of Nutrients (9 minutes); and Nutrition and Malnutrition (11 minutes), teacher's guide, $124.00. This series of four filmstrips presents many concepts quite rapidly. Logical and well presented but should have follow-up to expand on ideas that are dealt with briefly in the filmstrips.

I, J, S — Computer Software

Grab-A-Byte, 1983, National Dairy Council, $25.00. Contains a review quiz of basic nutrition, identification of nutrients from clues, and analyzing a meal in terms of calories and eight selected nutrients. Should be used with other Dairy Council materials for most effectiveness. Attractive graphics and sound. Easy for student to follow with little assistance.

J, S, A — Pamphlet

Guide to Wise Food Choices, 1978, National Dairy Council, 8-page booklet, $.30. General information is presented clearly. The approach is logical, and one thought leads to the next very easily.

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J, S, A — Pamphlet

Guidelines to Good Health, 1978, Kraft, Inc., 31-page booklet, up to 25 copies free to educators or professionals, additional copies $.10 each. A good handout with concise overview of nutrition through the life cycle, food groups, RDAs, labeling, menu planning, weight control and physical fitness.

J, S — Filmstrips/Cassettes or Videocassette

The "Innocent" Addictions, 1982, Sunburst Communications, 2 filmstrips/cassettes: Part I--Food; Part II--Over-The-Counter Drugs, teacher's guide, $99.00, videocassette $119.00. Good photography and audio, appealing graphics, but some theories are presented as "facts" and the dangers of certain foods and drugs are sometimes exaggerated. The "addictive" materials include sugar, salt, caffeine, vitamins, reducing aids and diet drinks. Recommended with reservations.

PS,P — Pamphlets

Kim Series: Food Is Good, Book I--Kim Likes to Eat; Book II--Food Helps Kim Grow; Book III--Kim Remembers to Wash; Book IV--Kim Helps Care for Food (English or Spanish), 1973, Yakima Home Economics Association, 12 pages each, $.75 each. An introduction to basic concepts--a variety of food is needed for growth and health, sanitation and food handling. Some attributes of food in Kim Likes to Eat may be misleading, but overall quality is good. Suggested questions at end of each booklet.

P — Pamphlet

Kim Series: Food Is Good, Book V--Kim's Heart (English or Spanish), 1979, Yakima Home Economics Association, 16-page booklet, $.75. Correlates exercise with nutrition for good health. Integrates reading with nutrition.

S, C, A — Film or Videocassette

Let's Eat Food, 1976, McGraw-Hill Training Systems, 35-minute film with teacher's guide, $550.00 (Rental $45.00), videocassette $415.00. Recommended with reservations. Film is excellent for promoting discusssion and raising questions, if used by a skilled discussion leader who is knowledgeable in nutrition. Tries to cover too much ground (dental caries, fat and heart disease, sugar, salt, animal products, advertising and marketing techniques) and is a little too long to hold attention through entire film. Tony Randall narrates.

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J, S, A — Film or Videocassette

Look Before You Eat, 1978 Churchill Films, 22 minutes, $400.00 (Rental $40.00), videocassette $340.00. Covers a lot of good information in a way that is relevant and motivating to teenagers. There are some controversial statements, and the film is definitely pro - dietary goals. It can be used to point out controversial issues and to let viewers decide for themselves whether they want to accept the guidelines suggested.

J, S, A — Pamphlets

Midget Encyclopedia of Food and Nutrition, 1978, Center for Science in the Public Interest, 5 pamphlets, $1.00 (individual pamphlet and bulk prices also available). Possible handout pieces for parent meetings or in-services, although there is some sensationalism in the findings reported.

J, S, A — Book

A Mini Book about Healthful Eating, 1979, Project Outside/Inside, 3 booklets for $1.00. Practical basic eating suggestions that tie in well with "wellness." Would make a good take-home piece to accompany a nutrition unit.

PS — Films

Most Important Person: Nutrition Series, 1972, Encyclopedia Britannica Educational Corp., 4 short films with coordinated materials (4 posters, record, teacher's guide) $300.00 per set, $85.00 apiece (Rental $14.00 per set): What's for Breakfast--animated film on the importance of breakfast and a variety of foods for breakfast; bird narrator is difficult to understand. Have A Snack--promotes the importance of snacks for young children and gives hints for healthful snacks; bird narrator talks too fast. Tasting Party--cartoon characters promote the fun of trying new foods; could be used to introduce preschoolers to a tasting party. Foods Around Us--food occurs in different forms, for example, leaves, stems and roots; sound is hard to understand.

I, J, S, A — Poster

New American Eating Guide, 1979, Center for Science in the Public Interest, 18 x 24 inch poster, $3.50. Presents a lot of good information in a very concise format. There may be some question about placement of certain foods in the moderation and now and then columns, but the idea is basically good.

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P — Activity Guide

Nutrition Action Pack, 1975, McDonald's Action Packs, teacher's guide with 13 spirit masters, free. Good beginning activities for basic concepts. Not very comprehensive but provides accurate information and good worksheets and activities.

P, I — Book

Nutrition and Science, 1980, Karls, L., Wisconsin Nutrition Education and Training Program, free from DPI while supply lasts. This book provides elementary school teachers with suggestions for integrating nutrition into their science curricula. Although the lessons are well planned and the information is accurate, the lack of hands-on materials for implementing the suggested lessons may make this material difficult to use.

J, S — Filmstrips/Cassettes

Nutrition and You, 1979, Walt Disney Educational Media Co., 5 filmstrips/cassettes: Nutrition and Your Health; Nutrition and Your Looks; Nutrition and Your Family Traditions; Nutrition and Your Personal Eating Strategy; Nutrition Quiz: The Basics of Balance, teacher's guide, $147.00. The filmstrips are good for introductory purposes and for review. Should be appealing to high school students and serve as a stimulus for more in-depth discussion and study. The strips on weight control and personal eating plan are particularly useful. Treatment of hypoglycemia and diabetes is very sketchy and would need further information.

S, C, A — Pamphlet

Nutrition and Your Health: Dietary Guidelines for Americans, 1980, Superintendent of Documents, $2.25 each or $27.00 per hundred. Concise and easy to read. Style of pamphlet is geared to adults rather than school children.

PS, P — Filmstrips/Cassettes

Nutrition around the Clock, 1980, Walt Disney Educational Media Company, 5 filmstrips/cassettes: Breakfast Gives You Bounce; Lunch: Trying New Foods; Dinner: A Time for Sharing; Smart Snacks; Fast Food Facts, song and sheet music, 10 spirit masters, 5 posters, 8 activity cards, approximately 36 individual student comic books, $184.00. Cute characters deliver accurate information in cartoon form. Teachers should be alert to the fact that "Toucan" character promotes a presweetened breakfast cereal on television.

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C, T, FS — Book

Nutrition Concepts and Controversies, 3rd ed., 1985, Hamilton, E. M., and Whitney, E., West Publishing Co., paper text edition $20.95. An excellent resource, easy to read. Presents information on both sides of current nutrition controversies to teach students to question and think. The illustrations can be adapted to overheads and handouts.

PS, P — Filmstrip/Cassette

Nutrition for Little Children, 1973, Educational Activities, Inc., $23.00. Recommended with reservations. Covers important concepts (food sources, health, energy, cells, "junk foods"), but manner of presentation may be boring to young children and foods shown in various groups are sometimes questionable.

J, S — Filmstrips/Cassettes

Nutrition for Teenagers Only, see listing under Life Cycle.

I — Filmstrips/Cassettes

Nutrition for You, 1972, Educational Activities, Inc., 2 filmstrips/cassettes: What Is Nutrition?; You Are What You Eat, $45.00. Adequate set of filmstrips covering foods around the world, nutrients, digestion, Basic Four, energy balance. Not too motivating or exciting. Good section on breakfasts from other cultures.

J, S, A — Film

**Nutrition, Fueling the Human Machine, BFA Educational Media, 18 minutes, $375.00. A factual and recommended resource discussing energy needs, general nutrition principles with emphasis on foods and exercise. Requires no prior knowledge of nutrition. May need additional follow-up activities to stimulate adolescents' interest in nutrition.

PS, P, I — Books

**Nutrition in a Changing World, 1978, Pennsylvania State University, order from The Nutrition Foundation. A Curriculum for Preschool, Nursery-Kindergarten (206 pages) $10.95; A Curriculum for Primary Level, Grades 1-3 (118 pages) $8.95; Grade 4, $11.95; Grade 5, $11.95. An interdisciplinary, sequential curriculum with built-in evaluation. Does not incorporate school food service as a learning laboratory. Needs to be supplemented with audiovisual materials.

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T (P, I) Book

Nutrition in the Social Studies, 1980, Wapensky, T., University of Wisconsin Extension Bookstore, 185 pages plus supplementary materials, $7.00 (enclose check or purchase order). A nice, complete guide with a wide variety of nutrition concepts integrated into social studies. Everything is easily understood by teachers.

J, S Filmstrips/Cassettes

Nutrition Kit (formerly called The Instant Energy, Sugar Coated, Fast Food Nutrition Kit), 1978, Schrank, J., The Learning Seed Company, 2 filmstrips/cassettes, one silent filmstrip: Confessions of a Junk Food Junkie; Dietary Goals; Nutri-Test, 6 copies of 32-page booklet "Nutritional Value of Foods," 1 copy of 250-page book "Brand Name Nutrition Counter," $67.00. Junk Food Junkie is an excellent filmstrip. Dietary Goals filmstrip presents some good information, but teacher should be knowledeable about certain controversies and have updated information. Included guide helps with background information. Some questions on Nutri-Test are misleading, but it is an excellent discussion starter.

J Filmstrips/Cassettes

Nutrition Know-How I, 1979, Educational Audiovisual, Inc., 2 filmstrips/cassettes: Facts about Food; A Balanced Diet, catalog # 3K653400, $84.00. Recommended with reservations. Fairly mediocre presentation of balanced diet, Basic Four. Nothing new or different or controversial but colorful and attractive.

J, S Filmstrips/Cassettes

Nutrition on the Run: Snacks and Fast Foods, 1980, Consumers Union, Sunburst Communications, 3 filmstrips/cassettes: Part I--And What Did You Eat Today?; Part II--Fast Foods; Part III--Snack Foods, 30 student activity booklets, teacher's guide, $139.00. Addresses nutrition concerns of teenagers. Examines nutritional value of typical breakfast, lunch, dinner and snacks with emphasis on fast food meals. Gives mixed messages about fast food.

T, FS, N Newsletter

Nutrition Policy Issues/Contemporary Nutrition, General Mills, free subscription to food and health professionals only. Ongoing newsletter dealing with nutrition issues of special interest to teachers and food and health professionals.

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I, J — Filmstrips/Cassettes

**The Nutrition Series, 1974, McGraw-Hill Book Company, 6 filmstrips/cassettes: Why You Eat; Digestion: You Are What You Eat; Waldo Learns about Nutrition Part I--Fats, Carbohydrates, Proteins; Part II--Minerals and Vitamins; Filling Food Needs; The Art of Balance: Controlling Body Weight, $199.00. Sound nutrition information presented in an entertaining manner, good animation. Accompanying teacher's guide provides activities to be used in cooperation with filmstrips.

T — Book

Nutrition Source Book, 1978, National Dairy Council, 40-page booklet, $2.00. A good resource book covering basic nutritional needs, RDAs, nutrition surveys in the U. S., the meaning of food, food additives and national nutrition policy and world hunger.

P, I, J — Film or Videocassette

Nutrition: Try It, You'll Like It, 1981, AIMS Media, 11 minutes, $240.00 (Rental $25.00), videocassette $180.00. Zookeeper tells viewers they should take as much care with their feeding as he does with animal feeding. Covers the Dietary Guidelines; intake of excessive fat, sugar and salt; general nutrition.

T — Book

Nutrition Update: Accent on Youth, 1978, American Home Economics Association, $7.25 ($6.00 for AHEA members). Proceedings of a national workshop covering fad diets, teenage pregnancy, nutrition for athletes, others. A good resource for teachers.

P, I, T, A — Book

**Peanut Butter and Pickles: A Nutrition Education Program for Pint Size People, 1981, Humboldt County Office of Education, $15.00 plus $2.00 postage and handling. This is a comprehensive curriculum package for elementary schools with a wealth of ideas, many of which are not found in other sources. There are a few minor problems such as references to Type A lunches, which are now out-of-date; an errata sheet of corrections would be helpful.

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J, S, A, FS — Filmstrips/Cassettes

Put Nutrition to Work, 1980, Kowtaluk, H., Bennett Publishing Company, 5 filmstrips/cassettes: Good Nutrition--True or False; Energy Balance--Your Key to Weight Control; Choosing Food for Good Nutrition; Mealtime--Anytime; Eating Out, teacher's guide and script, $136.50. Recommended with reservations. Dry presentation of a variety of nutrition issues, including fiber, salt, fat and sugar. Some inaccuracies.

I, J — Film or Videocassette

**The Real Talking, Singing Action Movie about Nutrition, 1972, AIMS Media, 14 minutes, $295.00 (Rental $25.00), videocassette $145.00. Junior high students are the stars of this film. This technique effectively stimulates interest in audiences of the same age on the topic of the importance of an informed food choice based on nutrition principles. Highly recommended and could serve as introductory nutrition material.

P, I — Book

**Teach Nutrition with Bulletin Boards, Life Skills Center, Department of Home Economics, Montclair State College, 19-page booklet, $2.50. How to plan a bulletin board, examples of bulletin boards with nutrition themes corresponding to the White House Conference concepts.

P, I, J, S — Book

Teach Nutrition with Games, Life Skills Center, Department of Home Economics, Montclair State College, $1.50. Examples of 29 games for elementary and secondary students. Short rationale for the games based on first three White House Conference concepts.

P, I, J, S — Spirit Masters

Teach Nutrition with Puzzles--Activities, 1978, Life Skills Center, Department of Home Economics, Montclair State College, $2.50. Spirit masters of puzzles and activities to correspond to first four White House Conference concepts. Mostly word games that provide no information but are good as a supplement to regular classroom instruction.

J, S — Filmstrips/Cassettes

Teenage Nutrition: The Picture of Health, see listing under Life Cycle.

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S, C, A, T, FS — Book

The Way We Eat, 1980, Rhode Island Department of Health, 48-page booklet, $.45. An excellent handout at in-services on nutrition controversies. Points out diet choices that contribute to good health. Gives practical suggestions for reducing fats, sugar, salt, and calories and increasing fiber. Discusses breakfast, eating in restaurants (including fast foods), brown bag lunches, snacks and cooking tips.

A, FS, T — Film

Weighing the Choices: Positive Approaches to Nutrition, see listing under Weight Control.

I, J — Film

What's Good to Eat, Perennial Education, 17 minutes, $320.00 (Rental $29.00). A good presentation of basic nutrition information--the need for a variety of foods to provide nutrients that we can get by choosing from the four food groups.

P, I, A, T, FS — Film

**Who Cares...What I Choose to Eat, see listing under Consumerism.

J, S — Film

**Whole Body Manual, 1978, Perennial Education, 19 minutes, $350.00 (Rental $36.00). An enjoyable film because of its fast pace, music and clear, low-key nutrition message about food and fitness. At times difficult to follow because of its mixed examples depicting teenagers in less than credible situations. Recommended for junior and senior high school students and for use by teachers with some nutrition knowledge.

P, I — Filmstrips/Cassettes

**Winnie the Pooh, Nutrition and You, Walt Disney Educational Media Company, 6 filmstrips/cassettes: Balanced Diet; Regular Meals; Personal Choices; Mealtime Special Time; Shopping for Good Health; The Need for Healthy Habits, teacher's guide and 12 spirit masters, $170.00. Well presented and fun to watch. Stresses importance of experimenting with unfamiliar foods, the value of an attractive atmosphere at mealtime, some basics of consumer awareness as well as how to eat a balanced diet.

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I — Filmstrips/Cassettes

The Young and the Nutritious: A "Soup" Opera, 1981, Walt Disney Educational Media Company, 6 filmstrips/cassettes: Love of Breakfast; Snacks of Our Lives; All My Nutrients; As the Calorie Burns; Another Burger; The Guiding Labels, 6 spirit masters, teacher's guide, catalog cards and storage box, $170.00. Well presented with a cute, catchy soap opera format. Addresses topics important for the age group of its audience: breakfast, snacks, weight control, fast foods, what nutrients are, reading labels.

P, I — Film

You Are What You Eat, Barr Films, 10 minutes, $220.00. Basic concepts presented for young children--a varied diet, how digestion changes food to nutrients, the need for exercise and rest.

J, S — Book

You Are What You Eat: A Common Sense Guide to the American Diet, 1977, Gilbert, S. D., Macmillan Publishing Co., Inc., 140 pages, $10.95. Highly recommended, easy and direct reading for teenagers on nutrition topics such as eating habits, food processing, etc. May be enjoyed by all nonprofessional adults too. Useful for classroom situations if supported by discussion and/or school food programs.

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GENERAL NUTRITION/BASIC FOUR

P, I, J — Pamphlet

Every Day Eat the 3-2-4-4 Way, 1978, National Dairy Council, 5 joined panels, teacher's guide, $.10. An activity-oriented material dealing with a basic concept, choosing foods from the four food groups each day.

PS, P — Coloring Book

Fun with Good Foods, 1978, U. S. Department of Agriculture, Superintendent of Documents, 48 pages, $4.75. A well presented coloring/word game booklet that allows for involvement of each child. Stresses the four basic food groups to develop a well balanced diet.

J, S, A — Pamphlet

**Guide to Good Eating, (English or Spanish), 1977, National Dairy Council, 11 x 6 inches, front and back, $.05. Good condensed presentation of Basic Four food groups and leader nutrients. Colorful and well done with the exception of the very small print on the back of the guide.

J, S, A — Poster

Guide to Good Eating...A Recommended Daily Pattern, 1977, National Dairy Council, 42 1/2 x 22 inch poster and 16-page teacher's guide, $1.00. An inexpensive source of good basic information.

P, I — Filmstrip/Cassette

Vital Vittles Win the West, Marshfilm, Inc., filmstrip, teacher's guide, $31.25. Uses a western format to tell how excess fats and sugars can run you down even while eating the Basic Four. Presentation may be too long for young children.

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PS, P, I — Teaching Kit

**Energize at Sunrise and Energy 365 Game, 1977, Kellogg Company, teacher's guide, 4-color transparency, 13 spirit masters, poster and scoreboard, free. Emphasizes the importance of a good breakfast with foods from at least three of the basic four food groups.

A, T, FS — Film

School Starts with Breakfast, National Child Nutrition Project, copy available for loan at Wisconsin Nutrition Education and Training Program, DPI. A film for someone who wants to initiate a breakfast program in their school. Very pro - breakfast, does not present any of the arguments against breakfast. Some examples of breakfast shown are not the best, and chocolate milk is shown often instead of white.

P, I — Poster/Pamphlet

**What Did You Have for Breakfast This Morning?, 1966, National Dairy Council, 36 x 23 inch poster $1.00. A good tool for examining food patterns of different ethnic groups in a social studies unit. Analyzes breakfast in terms of the four food groups.

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P — Film

Eating Right with Harv and Marv, 1976, Alfred Higgins Productions, Inc., 11 minutes, $215.00 (Rental $22.00). How to select nutritious snacks from the four food groups. Mixture of cartoon characters and "live" actors is entertaining. Some reservations that nutritious alternatives are not presented as attractively as the sweet snacks.

P, I — Ditto Masters

Friendly Critters for Nutrition--Nutritious Snacking, 1979, C. J. Frompovich Publications, 3 ditto masters, $1.95 plus $.50 mailing. Useful as a supplement to other materials. Includes foods not often mentioned in nutrition books, such as sunflower seeds, yogurt, whole grains.

P, I — Film or Videocassette

Junk Food, 1977, McGraw-Hill Training Systems, 14-minute film with teacher's guide, $235.00 (Rental $28.00), videocassette $180.00. Film uses Fat Albert and the Cosby Kids to point out that junk foods can't take the place of meals. Film holds attention and is entertaining but needs to be followed up with discussion of good alternative snacks since it seems to emphasize candy, ice cream.

I, J, S, A — Filmstrip/Cassette

Snack Facts, 1975, Encore Visual Education, Inc., $27.00. Humorous presentation of healthy snacks (low sugar, whole grain). Some segments are confusing, and honey is briefly mentioned as a good food.

J, S, A, FS — Pamphlet

The Snacking Generation, 1980, Dairy Council of Wisconsin, Inc., $.25. A good format with simple instructions for recipes that are mostly good alternatives to "junky" snack foods. Some recipes suggest high fat or salty foods however (whole milk, butter, cream cheese, ice cream, olives).

PS, P, I — Filmstrip/Cassette

**The Snacking Mouse, The Polished Apple, 5-minute filmstrip/cassette, $39.75. Good for warning against excessive snacking to exclusion of regular meals but fails to suggest adequately that wise snacking can be beneficial. Should be followed up with activities involving snack planning and discussion of why to choose various snack foods.

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P — Filmstrip

Snacking Mouse Goes to School, 1980, The Polished Apple, 6 minutes, $39.75. Cute filmstrip about the pitfalls of too many sweets. Short section with ants could be scary to a young child.

J, S, A — Film

Snacks Count Too, 1st edition (English or Spanish), 1975, Journal Films, Inc., 10 minutes, $185.00. A comprehensive presentation on snacks as part of the Basic Four. Photography a little outdated.

J, S, A — Poster

Your Snacks: Chance or Choice, 1969, National Dairy Council, 2-page 8 1/2 x 11 inch poster and 4-page teacher's guide, $.15. Colorful poster and useful chart of snack foods.

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J, S, A — Film

The All American Meal, 1976, Barr Films, 11 minutes, $240.00. Our fast-paced lifestyle leading to a hamburger, fries and soft drink as the "All American Meal" leads to problems of loss of variety in the diet and leisurely companionship at the dinner table. Film provides a good base for the discussion of meal planning.

PS, P — Book

**Bread and Jam for Frances, 1964, Hoban, R., Scholastic Inc., $1.95. A fiction story to help with developing good food habits, eating a variety of foods. Frances eats only bread and jam at the beginning of the story and eventually learns that a varied diet is more interesting.

J, S, C, A, T — Film

**Build a Better Bag Lunch, see listing under Food Preparation and Activities.

J — Film or Videocassette

Diets for All Reasons, see listing under Weight Control.

I, J — Game

Super Sandwich, 1973, Health Education Services, $16.95. Object of game is to purchase food to meet RDAs without consuming excess calories; a good bridge from a basic nutrition unit. May be too time-consuming to use in class.

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J, S — Pamphlet

Appetite Annie, 1979, Ralston Purina Company, comic book styled pamphlet, 28 pages, 25 copies per institution per year free, additional copies $1.00 each. Nutrition information for pregnant teenagers. Stresses the importance of good nutrition during this vital growth period.

S — Poster

Breast Milk Is Best, Center for Science in the Public Interest, 18 x 24 inch poster, $3.50. Can be used as a supplement to lessons on infant feeding. Teacher would need to be informed on both sides of the breastfeeding issue.

S, A — Film

Breastfeeding: A Special Closeness, 1977, Motion, Inc., 23 1/2 minutes, teacher's guide, $375.00 plus $7.50 shipping and handling (Rental $40.00). Parents talk about how they make breastfeeding work, how they work and breastfeed, what they eat. Would serve as a good stimulus to discussion but should be followed up with additional practical information. Black and Hispanic minorities are well represented.

S, A — Film or Videocassette

Great Expectations, 1975, Society for Nutrition Education, 22-minute film $370.00 (Rental $35.00/week), 3/4 inch videocassette $330.00. Film is geared to pregnant adult but could be used in a maternal and infant care unit in home economics class or as the introduction to prenatal nutrition classes.

P, I — Pamphlet

Growth Record, 1978, National Dairy Council, 6-page booklet $.10. Chart for recording growth, helpful in relating food to growth and health.

J, S, A — Film

Healthy Mother, Healthy Baby, 1975, Alfred Higgins Productions, Inc., 16-minute film, $320.00 (Rental $32.00). Film gives suggestions for good nutrition and eating habits, shopping and weight gain for pregnant women and teens. More emphasis on avoiding alcohol and caffeine is needed.

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J, S, A — Filmstrip or Slides/Cassette

Inside My Mom, 1975, March of Dimes, filmstrip $10.00, slides $15.00. Good presentation of proper nutrition during pregnancy using the technique of having the fetus talk about sharing food, rest and lifestyle with "Mom."

J, S, C — Pamphlet

Munch: A Story about a Pregnant Girl, 1977, Wisconsin Department of Health and Social Services, 14-page booklet $1.00 (make check payable to DOA Document Sales). Visually interesting comic book format. Presents pertinent nutrition information in an attractive way.

A, FS, T — Film or Videocassette

No Better Gift, 1984, Society for Nutrition Education, $425.00 (Rental $40.00), videocassette $325.00. For those who work with groups of preschoolers. Covers eating behavior of preschoolers, introducing new foods, mealtime needs.

J, S — Filmstrips/Cassettes

Nutrition for Teenagers Only, 1982, Sunburst Communications, 3 filmstrips/cassettes: Part I--You Have Special Needs, 14 minutes; Part II--Making Food Decisions, 16 minutes; Part III--A Healthier You, 12 minutes, teacher's guide, $139.00. Excellent presentation of up-to-date information relevant to teens. Covers teen eating habits, weight control, anorexia, bulimia, the Basic Four, nutrition needs of teenagers, behavior modification.

J, S — Filmstrips/Cassettes

Teenage Nutrition: The Picture of Health, 1977, Current Affairs, 2 filmstrips/cassettes: Getting Fit; Staying Fit, teacher's guide, $65.00. Material is well presented, but there are some inaccuracies, for example recommending 1 to 2 cups of milk per day rather than 4, and some promotion of commercial products. Recommended with reservations.

J, S — Poster

Vitamins and Minerals in the Growing Years, 1973, Vitamin Information Bureau, Inc., $3.00. Lists nutrients, function, food sources and amounts needed for infants, 1-4 years and over 4 years. Contains almost too much information. More useful as a reference than a poster to get a message across.

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S, A

Filmstrips/Cassettes

What's in It for Us, 1980, Nutrition Know-How, 5 filmstrips/cassettes: Protein; Carbohydrate; Dietary Fat; Vitamin B6; Zinc Needs During Pregnancy, $125.00. Recommended with reservations. All filmstrips are too technical at first and presentations are not very interesting. Seems fairly expensive for what you get. Zinc and B6 filmstrips contain good warnings against the need for supplements.

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NUTRIENTS

I, J, S, A, T — Charts

**Comparison Cards, see listing under General Nutrition/Basic Nutrition Information.

J, S, C — Computer Software

The DINE System: A Computerized Nutrition Program, 1982, The DINE System, disk $75.00, slides $39.95, transparencies $12.50, book $8.95, or $89.90 for complete system with transparencies or slides. Program for Apple II or IIe computers. Dietary analysis of one to three days' food intake to determine weight range and ideal caloric level. Uses out-of-date ideal weight tables and dietary goals. Program not well polished. Recommended with reservations.

I, J — Filmstrips/Cassettes

Good Sense and Good Food, see listing under General Nutrition/Basic Nutrition Information.

I, J, S — Computer Software

Grab-A-Byte, see listing under General Nutrition/Basic Nutrition Information.

I, J — Book

The Great Vitamin Mystery, 1968, National Dairy Council, 40-page booklet, teacher's guide, $.70. A different approach to the study of vitamins. Good readable information plus suggested activities.

J, S, A — Pamphlet

**Guide to Good Eating, see listing under General Nutrition/Basic Four.

I, J — Game

Nourish: A Nutrition Card Game, 1975, Fun with Food, 128 cards depicting foods and their percent of USRDA of 8 nutrients, $11.50 or 4 for $41.50. Booklet accompanying cards describes 11 different games that can be played with varying degrees of difficulty. Could be used as a supplement to lessons on nutrients.

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I, J — Filmstrips/Cassettes

**The Nutrition Series, see listing under General Nutrition/Basic Nutrition Information.

J, S, FS, T — Film or Videocassette

Nutrition: Vitamin Wise, 1981, AIMS Media, 19 minutes, $395.00 (Rental $30.00), videocassette $295.00. Sources and functions of eight B vitamins, vitamins A, D and C; how to prepare foods to retain vitamin C; the four food groups; labels. Inconsistent on whether vitamin supplementation is valuable or not.

P — Books

Rudy & Iron; Andy & Vitamin A, University of Missouri, $.10, $.15 respectively. Good nutrient concepts worked into simple stories with nonsexist roles portrayed by characters. Emphasizes nutrients, their food sources and family roles.

J, S — Poster

Vitamins and Minerals in Your Body, 1976, Vitamin Information Bureau, Inc., $3.00. Good for a learning center. Lists nutrients, functions and food sources.

I, J, S — Film

Vitamins from Food, 1978, Perennial Education, Inc., 18 minutes, $340.00 (Rental $35.00). Good understandable approach to vitamins and their functions. Addresses the issue that even though enough vitamins are good, more are not necessarily better.

J, S — Film

Vitamins: What Do They Do?, 1979, Alfred Higgins Productions, 21 minutes, $395.00 (Rental $40.00). Lively, accurate presentation of sources and functions of vitamins and why it's better to get vitamins in proper amounts from a balanced diet than from supplements. May be too simplistic for high school audience.

P — Pamphlet

Why Do You Need Vitamin C?, 1978, Florida Department of Citrus, free to schools. Cute illustrations, but difficult for young children to read. Says nothing about food sources of vitamin C other than citrus fruits.

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PHYSIOLOGY

J, S — Filmstrips/Cassettes

Biology of the Human Body, 1979, Encyclopedia Britannica Educational Corporation, 8 filmstrips/cassettes: Introduction to the Human Body; The Skeletal and Muscular Systems; Human Respiration; Human Digestion; The Circulatory and Urinary Systems; The Nervous System and Our Senses; Human Reproduction; Human Endocrine System, $252.00. An excellent series, particularly the strip on digestion, but much of it is not related to nutrition.

I, J — Book

**Blood and Guts: A Working Guide to Your Own Insides, 1976, Allison, L., Little Brown and Company, $6.70. An enjoyable and informative book to acquaint children with their own bodies. The chapter on digestion is particularly useful for nutrition education. Illustrations are very elementary.

P, I — Book

**A Drop of Blood, 1967, Showers, P., Harper and Row Publishers, Inc., $3.95. A story describing functions of blood and its components. Does not directly mention nutrition but presents concepts that could be useful for integrating nutrition into science classes.

I, J — Film or Videocassette

Food and Growth (formerly Exploring Your Growth), 1974, Churchill Films, 12-minute film with teacher's guide, $220.00 (Rental $40.00), videocassette $220.00. Good information on digestion and absorption of food. Contains interesting endoscope and fluoroscope pictures and time-lapse photography.

I, J — Film

How a Hamburger Turns into You, 1978, Perennial Education, Inc., 19 minutes, $350.00 (Rental $36.00). Good clear presentation of DNA, RNA process. Fine illustration of the mechanisms of digestion, absorption and assimilation, especially protein synthesis.

I, J — Filmstrips/Cassettes

**The Nutrition Series, see listing under General Nutrition/Basic Nutrition Information.

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I, J

Filmstrips/Cassettes

Your Body: An Owner's Manual: Digestive System, 1977, Guidance Associates, $59.50. Introduces students to the basic structure and functions of the digestive system, with an interesting approach of students doing a science display.

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FS — Filmstrip/Cassette

The Art of Getting Kids to Eat, Chiquita Brands, Inc., 17 minutes, $10.00. Emphasis on marketing technique for school food service, improving meal presentation, cafeteria atmosphere. Somewhat outdated, refers to Type A Pattern.

FS, T — Films

Efficient School Food Production, 1980, The School Food Service Foundation, film series, each unit within series comes with 50 study guides, pre- and post-tests and Fairchild projector, complete program $14,500 with projectors, $12,500 without projectors. Introductory Unit--How to Use This Instructional System, $250.00 (also available on loan to purchasers of one of the following series). Series IA--Meats and Entrees, $3,150.00 ($2,750.00 without projector), 11 films: Meats and Entrees--Science; Selecting and Preparing Turkey for Cooking; Roasting Turkey; Turkey Dishes; Roasting or Braising Beef; Ground Beef; Beef Dishes; Veal and Lamb; Pork and Variety Meats; Wieners, Sausages; Chicken. Series IB--Meats and Entrees, $3,150.00 ($2,750.00 without projector), 11 films: Fish; Dried Beans and Other Legumes; Stocks; Soups and Chowders; Meat and Vegetable Sauces; Cheese and Egg Dishes; Pasta and Rice Techniques; Italian Dishes; Oriental and Polynesian Dishes; Mexican Cooking; Sandwiches. Series II--Cooking Vegetables, $2,900.00 ($2,500 without projector), 10 films: Selection, Preparation and Storage of Fresh Produce for Cooking; Vegetable Cooking Science; Cooking Green Leafy and Stem Vegetables; Cooking Root Vegetables; Cooking Seed-Type Vegetables; Cooking Fruit-Type Vegetables; Potatoes I--Selecting and Preparing; Potatoes II--More about Potatoes; Stir Frying; Planning and Timing Vegetable Cooking. Series III--Salads, $1,875.00 ($1,500.00 without projector), 6 films: Selection, Preparation and Storage of Fresh Vegetables for Salads; Fresh Fruits--Selection, Storage and Use; Salad Dressings; Vegetable Salads; Fruit Salads; Cold Plates and Main Dish Salads. Series IV--Baking, $2,900.00 ($2,500.00 without projector), 10 films: Yeast Bread Science I--Ingredients; Yeast Bread Science II--Procedure; Dinner Rolls; Basic Sweet Yeast Dough; Danish Roll-In Dough; Yeast Bread Variations; Baking Powder Biscuits; Muffins; Muffin Variations; Quick Bread Variations. Series V--Desserts, $2,125.00 ($1,750.00), 7 films: Thickening and Gelling Science; Custards, Puddings and Cream Pie Fillings; Gelatin Desserts; Pastry, Fruit Pies and Fruit Desserts; Butter Cakes I; Butter Cakes II; Cookies. A high quality production with clear, specific instructions for the food service worker. Contemporary and comprehensive.

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FS, T — Filmstrips/Cassettes

The Exeter Story, Nutrition Know-How, 4 filmstrips/cassettes: Fifties Day; What It Takes; The Total Program; The Bottom Line, free with purchase of Lunchroom Learning, Type A Menu Success Story or What's in It for Us? A four-part story of the planning and preparation for a special foods day at a school. Of the four filmstrips, Part IV, "The Bottom Line," best illustrates the roles of nutrition, cost control, menu planning and personnel participation for student acceptable meals. Part I through III recommended with reservations.

FS — Book

Food Preparation: Study Course, 1977, Dennler, L., Iowa State University Press, $9.95 plus $.60 postage and handling. Excellent book for teaching food preparation. Includes reasons why ingredients are used and/or why results are obtained. Contains suggested learning activities for each unit.

FS — Book

Food Sanitation: Study Course, 1977, Jernigan, A. K., Iowa State University Press, $7.50 plus $.60 postage and handling. Presents easy to understand basic sanitation information although some parts are not in complete accord with Wisconsin Administrative Code H 96. A little dull, needs some visuals to liven it up.

J, FS — Transparencies

Foods 1, see listing under General Nutrition/Basic Nutrition Information.

P, I — Coloring Sheets

Fun for New Funtrition (Bubbles of Fun), 1974, American School Food Service Association, $2.10. Coloring tearsheets for elementary school menus. A good tool to get school food service managers into the classroom and make them feel comfortable.

P, I, J — Curriculum Kit

Growing Up Healthy, 1982, Georgia NET, The Communications and Education Group, $2.29 when purchased in quantity. Nutrition education material for presentation by food service personnel to students and teachers to involve them in school lunch program. Some of the illustrations are questionable as "good foods," for example, bacon and eggs, milkshake. Rather long.

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FS, T — Filmstrips/Cassettes

**Lunchroooom Learning, 1979, Nutrition Know-How, 4 filmstrips/cassettes: Involvement; Food Preferences; Nutrient Source and Function; A Team Effort, $100.00. Food service administrators, workers and teachers will appreciate this filmstrip series containing positive suggestions about students' and food service workers' involvement in planning lunchroom meals, encouraging students' food choices on nutritional content, conducting plate waste studies and implementing nutrition education in the school using a team approach.

J, S, T, FS, A — Film or Videotape

Socks on an Octopus, 1980, New York City Board of Education, 16 mm film $150.00, 3/4 inch videotape $50.00. Film illustrates the operation of a School Food Committee in a New York City high school. Although the idea is good, the film is lengthy, amateurish and geared to New York City.

I, J, S — Slide/Cassette

Trash Tells a Tale, 1977, Mapes, M., and Harrison, G., Cornell University, mailing address a., color slides with accompanying cassette and script, $20.00 (Rental $12.00). Promotes an awareness of amount of food wasted nationally, shows development of a local plate waste study in a school.

FS — Filmstrips/Cassettes

Type A Menu Success Story, Nutrition Know-How, 4 filmstrips/cassettes: Why the Type A Lunch; How to Plan Menus; Planning Menus for Different Age Groups; Type A Menu Success, $100.00. A series of four short strips presents menu planning and evaluation concisely. Caution should be used to explain recent changes in the lunch pattern requirement before and after showing the filmstrips.

FS — Book

Work Simplification in Food Service: Individualized Instruction, 1978, Ross, L. N., Iowa State University Press, $6.95 plus $.60 postage and handling. A programmed learning text. Good in the applied area, although some examples are not necessarily appropriate for present food and work methods.

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J — Film or Videocassette

Diets for All Reasons, see listing under Weight Control.

S, C, A — Book

**Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition, 1976, Robertson, L., Flinders, C., and Godfrey, B., Nilgiri Press, 508 pages, $19.95, paperback $11.50. Sound and useful guide to vegetarian cookery. Contains basic nutrition information and tables as well as recipes. Discusses the special needs of pregnant and lactating mothers, young infants and children.

S, A, T, FS — Book

More-With-Less Cookbook, see listing under Food Preparation and Activities.

J, S, A — Pamphlet

Vegetarian Nutrition, 1979, National Dairy Council, 4-page pamphlet, $.30. Incomplete in itself. Would need good introductory material along with pamphlet, plus other materials on vegetarianism.

S, C, A — Filmstrip/Cassette

**Vegetarianism in a Nutshell, The Polished Apple, 14-minute filmstrip, $59.75. Vegetarianism is presented as a healthy alternative to a meat-based diet in this filmstrip. No instructional guide is provided, so some background knowledge would be helpful to instructor.

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WEIGHT CONTROL

J, S, A — Film

Balancing Act, The Potato Board, West Glen Films, free for loan. Good presentation of calorie/activity balance, promotion of school lunch. Does promote potatoes but also presents sound information in an entertaining way interspersing sequences from old-time movies.

I, J, S — Poster

Be Sizewise--Don't Lose Your Balance, 1979, American Heart Association of Washington, 17 1/2 x 22 1/2 inch poster, $2.00. Good attention-getter for a weight control class. Optimizing nourishment, activity level and emotional state to feel good.

J, S, C, A, T — Film or Videocassette

Bulimia, 1983, McGraw-Hill Training Systems, 12 minutes, $215.00 (Rental $22.00), videocassette $165.00. Informative overview of bulimia. Ends abruptly without mention of what is being done to cure bulimics or to solve the social problem of widespread bulimia among high school and college age women. Questionable scene of nutritionist prescribing medication.

I, J — Film or Videocassette

Calories, Calories, 1979, BFA Educational Media, 12 minutes, $255.00 (Rental $36.00), videocassette $150.00. Easy to understand explanation of what a calorie is, demonstrated visually. Scientific details may seem a little boring for the target group, however.

J, S, A — 1Flip Charts

**Calories, Food and Activity, (English or Spanish), Bonde, J. A., Cornell University, mailing address b., seventeen 8 1/2 x 11 inch flip charts, teacher's guide, $3.00. Well recommended series of flip charts, illustrating weight control through exercise and food energy balance. Although easily understood by teachers, this audiovisual aid may be more effective if accompanied by menu and/or exercise planning. Suggested for adolescents and adult populations in individual or group settings.

J, S, C, T, A — Film or Vidoecassette

Dieting: The Danger Point, 1979, McGraw-Hill Training Systems, 20 minutes, $345.00 (Rental $45.00), videocassette $260.00. Very good film about anorexia nervosa. Applicable for parents, teachers and adolescents.

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J — Film or Videocassette

Diets for All Reasons, 1982, Churchill Films, 20 1/2 minutes, $415.00 (Rental $40.00), videocassette $375.00. Film evaluates diets for weight losers, vegetarians and singles stressing the connection between food and certain diseases. Somewhat disorganized but emphasizes the Basic Four. Shows a boy learning to cook. Recommended with reservations.

J, S, A — Film or Videocassette

Dinky Hocker, 1979, Learning Corporation of America, 30 minutes, $450.00 (Rental $40.00), videocassette $350.00. Film depicts an overweight teenage girl who uses food as a substitute for love. Overly long and somewhat dated but raises important issues for discussion on how families influence behavior of children.

S, A — Slides

Energy: Our Food and Our Needs, 1974, Travis and Fry, Cornell University, address a., 65 slides and script, $22.00 (Rental $12.00). Good for a group interested in losing weight. Discusses fad diets, needs for certain foods, with cute cartoons. Guide includes activity suggestions. Is quite lengthy but could be done in three parts.

J, S, A — Videocassette

Fat Chance, 1977, Devault, S., Pennsylvania State University, item # MVCS0382, $165.00 (Rental $16.50). Follows an overweight family as they eat their way through the day, to show how family food habits are formed, how people are often unaware of them and how to change them. Would be excellent for parent groups and high school students.

J, S — Book

**For Teenagers Only: Change Your Habits to Change Your Shape, 1978, Ikeda, J., Bull Publishing Co., 126 pages, $6.95. Behavior modification is presented as the most effective method of losing weight. Many examples, easy to read factual information.

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S, A — Film or Videocassette

For Tomorrow We Shall Diet, 1976, Churchill Films, 24 minutes, $415.00 (Rental $40.00), videocassette $330.00. Very good, factual information on dieting. Deals with practical situations like parties and restaurant meals. A little lengthy but covers many bases--getting physician's advice, group support, planning a balanced diet.

S, C, A — Book

**Habits Not Diets: The Real Way to Weight Control, 1976, Ferguson, J. M., Bull Publishing Co., 252 pages, $8.95. Describes behavior modification techniques for weight control. A resource book for use in weight control programs. Should be used in conjunction with some basic nutrition, which foods to eat while applying behavior modification.

J, S, FS, T, A — Filmstrips/Cassettes

**How to Lose Weight, 1978, Sunburst Communications, 2 filmstrips/cassettes: It's Your Body; Achieving Weight Control, teacher's guide, $99.00. Provides insight into reasons for overweight and offers practical suggestions for achieving permanent weight control. Topics such as fad diets are intelligently discussed.

J, S — Posters

**Join the Trim Team, Cling Peach Advisory Board, 6 black and white posters, teaching kit, $2.50. Series of six posters addressing various aspects of dieting with a light, humorous approach.

J, S, C — Filmstrips/Cassettes

**Shaping Up, 1979, The Polished Apple, 2 filmstrips/cassettes: Diet (12 minutes); Exercise (11 minutes), $89.75 plus $3.00 shipping. Weight loss and gain through diet and exercise. Filmstrip warns against fad diets and explains why exercise should be integrated into weight control programs.

J, S, A — Film

Superjock, 1978, Journal Films, Inc., 15 1/2 minutes, $265.00 (Rental $30.00). Shows the effects of overweight and lack of exercise on health. It is best for adult men but also applies to high school boys. Is a refreshing change from the films that feature super athletes as role models, an unrealistic goal for some people.

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S, C, FS, A, T — Film

Superjock Scales Down, 1980, Journal Films, Inc., 15 minutes, $265.00 (Rental $30.00). Weight loss through diet and exercise. Geared to an adult audience.

J, S — Filmstrip/Cassette

Watch Your Weight, 1979, Macmillan Glencoe, 1 filmstrip/cassette, 8 spirit master study sheets, wall chart, teacher's guide, $68.00. Good because it is seen through the eyes of a teenager. Promotes sensible weight loss and mentions reasons for overeating, feelings and problems associated with overweight and dieting. Suggests methods for calculating and attaining correct weight. Discusses fad diets, self-image, body types.

A, FS, T — Film

Weighing the Choices: Positive Approaches to Nutrition, 1981, Spectrum Films, Inc., 20 minutes, $465.00 (Rental $65.00). Film illustrates good examples of Dietary Guidelines in practice, such as moderating sugar, fat and salt intake, but does not deal with any controversial areas. Includes some tips for eating in restaurants. Good food photography. Vicky Newman is a guest speaker; Helen Ullrich, SNE, is advisor.

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